

Happy Thanksgiving!

The Flyer will not print issues
Nov. 23 and Nov. 30.



Cake Art & Cupcake
Cafe brings treats to
downtown Salisbury

GULL LIFE, Page 8

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THE FLYER

Vol. 38, Issue 11

Salisbury University's Student Voice

November 16, 2010

Technology survey reveals student trends

99.6 of respondents own a computer; 92
percent have a Facebook page

By Mary Capper
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In its fifth year running, the annual spring technology survey, created by Chief Information Officer Jerome Waldron, revealed more of how students are using technology.

According to the survey results, 99.6 percent of students have a computer, 99.4 percent have cell phones, 92 percent have a Facebook account, 91 percent have an MP3 player and less than 10 percent of students are not happy with the technology found on campus.

Waldron releases a technology survey every year for several purposes: to detect new trends that might be on the rise, to see what new technology students are acquiring and to see how Salisbury University might be able to help students based on the technology they have.

Since the first survey,

numbers have been changing rapidly. The 2006 survey showed that just over 50 percent of students who took the survey owned a computer, whereas now only 0.4 percent of students who took the survey didn't have one.

Cell phones followed a very similar trend. In 2006 only half the students in the survey owned a cell phone and now almost twice as many students own one.

"I think the survey is pretty accurate for our generation," said freshman Anne Stanley.

She added that she was in the majority of students when admitting her Facebook addiction.

"I'm on Facebook, on either my iPhone or laptop, for at least 12 hours a day," Stanley said.

Tom Parrish is the opposite, a self-proclaimed non-conformist.

"I saw Facebook as just

See TECH Pg. 3



Pat Hackley photo

Tibetan Monks from the Drepung Loseling Monastery consecrate the gallery on Nov. 10 in Fulton Hall. Within the Gallery the Monks created a mandala, a tool used for meditation.

Tibetan monks radiate peace and harmony

By Diana Dwyer
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Over a hundred members of the Salisbury University

community filed in the Fulton Gallery to watch. Some attendees closed their eyes as they listened to the mesmerizing chants. Others' eyes welled up with tears. They

were all there to witness almost 30 hours of sacred art be precisely constructed – and dismantled.

Ten Tibetan Buddhist monks from the Drepung

Loseling Monastery took up residency at SU for five days. According to director of Cultural Affairs June Krell-Salgado, the monks first vis-

See MONKS Pg. 3

Students volunteer in after school program at Pinehurst Elementary

By Amanda Biederman
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"All students can learn. Each student should be challenged to reach his or her full potential."

These are two of the seven bullet points that make up the

mission statement of Pinehurst Elementary School, located in Salisbury. Pinehurst is a diverse school with approximately 15 percent Hispanic students. Most of those students are immigrants.

As a result, Pinehurst has the highest percentage of English as a Second Language

students in the county and many of them struggle in school because they have not yet mastered English.

One program targeted to help these students succeed is a federal after-school program that brings in college mentors to work with the children called STARS — Students

Targeting Achievement and Reading Success.

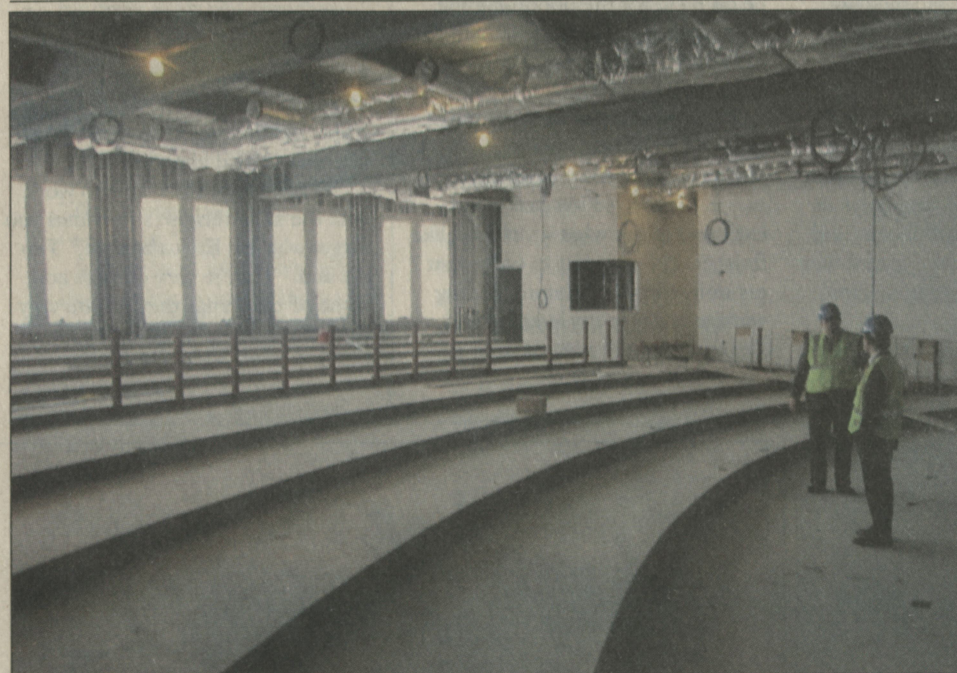
Salisbury University began participating in the STARS program last year. A collaboration between the Sociology, Teacher Education and Modern Foreign Languages Departments, the program allows student volunteers to come in

and work with the children. Each volunteer is matched up with a child. The tutors come in once a week for one hour to help the students with their homework and work on any areas in which the children might be struggling.

The program is not exclusively for ESL stu-

dents; about half of the students are actually native English speakers. However, STARS is particularly beneficial for the students who struggle in the language because volunteers can mentor them.

See PINEHURST Pg. 2



Kathleen Wright photo

Dean Wood discusses zoned lighting in what will be a first-floor auditorium in the Franklin P. Perdue School of Business building.

Construction continues on Perdue building

By Mia Gilstrap
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On Sept. 29, 2009, in front of an excited audience, Salisbury University President Janet Dudley-Eshbach and others officially broke ground on the campus' new building for the Franklin P. Perdue School of Business. Over a

year later, Bob Wood, dean of the Perdue school, says construction is progressing as planned.

According to university officials, plans for the Perdue building include reduced water and energy usage with a partial geothermal HVAC system and use of recycled materials. Up to 15 percent of the paved area where the

Perdue building is being constructed also will be returned to grass and softscape materials to reduce storm water runoff.

Wood said the building is expected to meet Leadership in Energy & Environmental Design standards.

According to the U.S.

See PERDUE Pg. 2

Smoking ban still a sensitive issue

By Mia Gilstrap
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Salisbury University officially became a smoke-free campus Aug. 22, and opinions across campus have been split on the decision ever since.

Some students, like senior social work major Ashley Graham, say they think that the ban is wonderful.

"I'm happy that the ban passed," Graham said. "I respect anyone's right to do what they want to their bodies; however, I don't feel that it's fair that their personal choice has to impose on me."

Non-smokers complained they would breathe in the secondhand smoke.

"I hated walking through the smoke," Graham said. "It made me cough and I would end up smelling like smoke."

However, other students, such as John Tully, are dissatisfied with the ban. Tully runs a Facebook page with over 275 members called "Salisbury Students Against the Smoking Ban."

"The goal of that group is to provide a way for like-minded students to find solace as well as a platform," Tully said. "Most of our best ideas have come from students posting directly on the page, starting discussions."

The group collaborated online to brain-

storm ideas to compromise between smokers and nonsmokers.

"The reform that my group supports is to accommodate our campus with several full-time designated smoking areas so that instead of displacing smokers from the campus grounds, they can freely express their right to smoke without being alienated from the community," he said. "Likewise, any students who wished to remain apart from smokers could be appeased as well."

Tully said moving students to the street is a safety concern.

"The ban alienates a significant demographic of students and allows them to be considered less than deserving of the benefits of our school community," Tully said.

The concerns of students for and against the ban have not fallen on deaf ears. Many have contacted SU President Janet Dudley-Eshbach.

"I've heard from many students," Dudley-Eshbach said. "I was lobbied hard for several years by students who wanted a ban implemented without delay. The students got their ducks in order and worked through SGA to get that body's support. And then the students galvanized staff senate and faculty senate so that these gov-

See SMOKING Pg. 3

Little Caesars
HOT-N-READY
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Valid at Salisbury location only.
While supplies last. L.C.E. Inc.
2010. Expires 12/31/10.

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Large 1 Topping Pizza, Crazy Combo
and 1 Two Liter Pepsi Product.
Valid at Salisbury location only.
While supplies last. L.C.E. Inc.
2010. Expires 12/31/10.

Briefly Stated

Thanksgiving Break Safety Tips

Submitted by SG-A
Going home for Thanksgiving break?
Who is coming to your house? Lock your doors and windows. Cancel newspapers.
Ask a neighbor to keep an eye on your house.
Leave a light on inside your house. Take any valuables home.

Ongoing until Friday, Dec. 3

Sea Gull Secrets
BACCHUS GAMMA is sponsoring Sea Gull Secret, in which students can submit artistic postcards with a "secret" they would like to share, similar to the Post Secret initiative. Postcards can be dropped off in residence halls and at Blackwell Library, Cool Beans and the Student Activities office.

Tuesday, Nov. 16

Pianist Andreas Klein
Internationally acclaimed pianist Andreas Klein returns to SU at 7 p.m. in the Great Hall of Hol-loway Hall. His performance is part of SU's Patricia White Wroten Piano Concert Series.
Klein's career as a soloist has taken him to the world's most prestigious venues. He has received rave reviews for his albums, Beethoven and Berg Sonatas and Dancing Through Time, as well as his live performances in the United States and abroad.
He is a graduate of the Juilliard School and studied with the legendary Claudio Arrau and Nikita Magaloff. Sponsored by the Office of Cultural Affairs, admission is free and the public is invited. For information call 410-543-6271.

Wednesday-Friday, Nov. 17-19

Grad Pickup Fair
Seniors participating in Commencement on Dec. 18 will begin picking up cap, gown and tickets on Wednesday, Nov. 17.
Grad Pickup Fair at the Bookstore is Wednesday-Friday, Nov. 17-19. Bookstore hours are Wednesday-Thursday 9 a.m.-6 p.m. and Friday 9 a.m.-4 p.m.
The last day to pick up is noon Friday, December 3. Students who are not able to pick up their graduation items because they are interning outside the area, studying abroad or otherwise not on campus may contact Deborah Johnson at the University Bookstore, 410-543-6086 or djohnson@salisbury.edu, by Dec. 3 to make special arrangements.

Tuesday-Thursday, Nov. 16-18

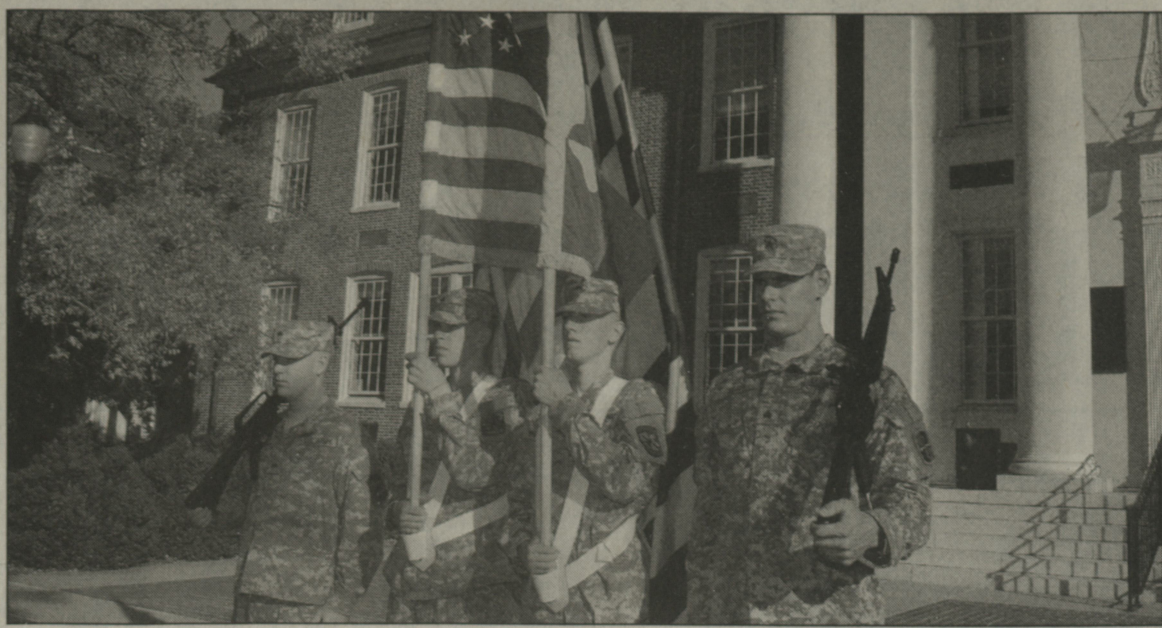
Maryland Charity Campaign
Representatives for the Maryland Charity Campaign will circulate around campus encouraging SU employees to donate to the charity of their choice. Check inter-office mail for a personalized donation form and select a charity from those listed at <http://www.md-charity.org>.

Visiting campaign representatives, dressed in maroon and gold, will be handing out sweet treats to those who donate.
Those who donate at least \$5 are entered into a drawing for an iPod or a \$100 gift card. The winners will be chosen on December 1. For more information, contact Lynn Adkins at 410-543-6392.

Thursday-Sunday, Nov. 18-21

"Rent" Comes to SU
The Salisbury Music Department is proud to present the 90s hit rock musical "Rent" on Thursday-Saturday, Nov. 18-20 at 8 p.m., Nov. 20 at 2 p.m. and Nov. 21 at 3 p.m. in the Wicomico Room of the GUC. Reserve tickets at <https://www2.salisbury.edu/rent/>.
SU ID holders get free admission; admission for all others is \$10 per ticket at the door.
"Rent" is not recommended for younger audiences as the subject matter is mature.
The production is co-directed by Dr. William Folger of SU's Music Department and Dr. Darrell Mullins of the Communication Arts Department. Adjunct Instructor of Voice, Professor Leigh Usilton, serves as choreographer. Set design is by Professor Tom Anderson of the Theatre Arts Department. For more information call 410-543-6386 or 410-543-6238.

Students take time to honor veterans, military



Kathy Pusey photo

At a special ceremony held on Veterans Day, Nov. 11, these students and others took time to recognize veterans and those serving in the military.

State delegates recall SU experiences

By Andrew Bell
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Although they majored in fields as diverse as education and respiratory therapy, six SU alumni are currently serving as delegates in the Maryland General Assembly. "I feel that SU prepared me very well for my political career and for life in general," said Del. Jeannie Haddaway-Riccio, a 1999 graduate. The Republican serves district 37B, which encompasses portions of Wicomico, Caroline and Dorchester Counties, along with Talbot County. "I got a very well-rounded education, which has been helpful considering the wide array of policy areas we address."

Newly-elected delegate Justin Ready, a 2004 graduate, agrees. Also a Republican, he will be serving some of Carroll County's residents in District 5A.

"I received a great education and the opportunity to grow and think independently," he said. "Being able to debate and challenge basic assumptions about our political system was very rewarding."

The delegates said their involvement with education did not end on graduation day. Rather, education issues are constantly interwoven into the work of the

General Assembly. "The state legislature should continue to pursue excellence in higher education, recognizing that graduates from Maryland institutions will be competing in national and even global markets for jobs," Haddaway-Riccio said. "We also need to continue our focus on workforce shortage areas to ensure economic stability and provision of services in our communities."

Ready said he believes that work should address changes in higher education that have occurred since the delegates graduated.

"A four year degree has become a requirement for employment—period," Ready said. "It's become the new high school diploma in many ways. It's necessary but not always financially attainable."

Delegate Eric Bromwell, a 1998 graduate, agrees. The Democrat serves District 8, the part of Baltimore County that borders the northeast corner of the City. He said he believes the primary legislative initiative to bridge the gap between finance and education has been a four-year tuition freeze for in-state students.

"The legislature was able to freeze tuition over a four-year period," he said. "Just as the economy hit its lowest point in decades, Maryland colleges were becoming

classrooms and labs, including one for distance learning, 63 faculty offices, staff offices and a suite for business student organizations.

"The building will give the Perdue School and Salisbury University opportunities that we have not had in the past," Wood said. "We're excited."

Dudley-Eshbach said she is thrilled about the opening of the building.

"The new facility will be, in a number of ways, state-of-the-art, with a stock ticker, museum and center for economic outreach that will serve not only the campus, but the larger community," Dudley-Eshbach said. "A facility of this type helps us attract the most talented faculty and students and, in that way, contributes to the university's growing national reputation."

The Perdue building is scheduled to open in Fall 2011.

more affordable to Maryland students."

The tuition freeze began for the 2006-2007 school year and continued for four years.

The tuition freeze, which not all of the delegates supported, ended this year.

"We can't artificially keep tuition prices low," Ready said. "We have to take a comprehensive approach to bring down overall costs and expenses in the system so that it's not passed on to students and parents."

But while the delegates suggested differing ways to improve higher education, they agreed that the input of college students is vital to the General Assembly.

Ready suggested that students "get involved working in politics, first as an intern or volunteer. Getting involved is essential to knowing what you want to do and how to accomplish the goals you have."

Citizens of all ages can impact political issues and youth can be a driving force.

"I always encourage more young people to get into politics," Bromwell said. "Even after eight years in office, I am still one of the youngest members of the legislature. We need more young people with new ideas to help move our state forward."

"There will be a ribbon-cutting ceremony, probably in September," Dudley-Eshbach said. "The building will be ready and faculty will move in mid-summer. But we want to wait for students to be back to hold the ribbon-cutting celebration. Many private donors have stepped up to name rooms in the new building. They, and other special guests, will be on hand for the ribbon-cutting."

Students also share excitement for the opening of the new Perdue School of Business.

"I am anticipating the opening of the Perdue School," said Linda Walker, a sophomore business major. "I changed my major and can't wait to see what it will look like finished. It feels great to know that my university is constantly finding ways to improve my learning and I'm ready to take advantage of it."

Crime Beat

11/5/2010
2:30 p.m.
Theft

Complainant reported a bicycle theft from the East Campus Complex.

10/19/10 – 11/9/10
1:45 p.m. – 11:45 a.m.
Theft

Complainant reported that her Gull Card has been used to make unauthorized purchases. Case is under investigation.

11/3/10 – 11/9/10
9 a.m. – 2:30 p.m.
Theft

Complainant reported the theft of a bicycle from the Mages Gym bike rack.

11/9/10
6:10 p.m. – 7 p.m.
Theft

Complainant reported the theft of a book bag from the Commons Dining Area. Case is under investigation.

Pinehurst

Continued from Pg. 1

"(STARS) is a program to assist students who are at risk of failing and works to get them caught up," said Dr. Timothy Dunn, associate professor of sociology. "Many parents can't help their children with their homework, especially when there's a language barrier... STARS can fill that role and has had great success in doing so."

STARS director Jennifer Hill explained that the program is much needed for the students, many of whom don't always receive support at home.

"Children who attend the STARS program need a push in a particular direction whether it is academic, behavioral or social," Hill said. "Children in this program may come from low socioeconomic backgrounds or have language barriers; therefore our program targets those needs."

There are currently 51 SU students in the program and approximately 40 mentees.

"We've had more volunteers than we've had students (from Pinehurst). And that's great," Dunn said. "It's been very beneficial on both sides... Our students learn a lot in the process and this experience brings to life a lot of issues that we talk about in our classes."

SU senior Kelley Tindle began participating in STARS this year through SU's Spanish Club.

"I go in once a week to work with my student," Tindle said. "I help her with her homework, especially her math and spelling."

She said that working with STARS has been a great experience.

"It's really nice to be able to work with the kids, because sometimes you forget what it's like to be little," Tindle said. "They're very creative and some of the things they say are very funny."

Salisbury and Shady Grove students come together for respiratory therapy courses

Program uses video technology to connect classes in two locations

By Mary Capper
Staff Writer
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Salisbury University's respiratory therapy program brings 24 students from the Universities at Shady Grove in Rockville together with SU students. Students on both sides of the Chesapeake Bay are able to see their classmates and professors and they join together for one class using interactive video.

This non-traditional classroom approach has both advantages and disadvantages.

"Distance education in itself is challenging," said Adriana Guerra, program coordinator at the Universities at Shady Grove. "If a student has a specific question, they can't just walk down the hall to ask their professor. They can Skype and still have private conversations but it's not the same type of interaction."

The video conferencing classes also share similar benefits with traditional classroom settings in that SU students are able to fully interact with their Shady Grove classmates.

"The only time we do not interact with the Shady Grove students is during our lab time and clinicals," said Michele LaVallee, Vice President of the Respiratory Therapy Class of 2012. Having a specific major helps students find the particular job they are looking for after graduation.

Students in the program are also able to gain clinical experience at Shady Grove Adventist Hospital or Holy Cross Hospital.

"We want them to be the best," Guerra said. "It's very fulfilling to get our students out there with their licenses and credentials."

Not only is the fact that the classes are taught through interactive video

uncommon, but having a respiratory therapy program in itself is rare, too.

"There are 400 respiratory therapy programs in the country. 58 of those are Baccalaureate programs and only one of them is in Maryland," said Dr. Carlton Insley, an SU respiratory therapy instructor.

The program is intensive, including 15 required courses. According to the program's website, student must apply to enroll in the

respiratory therapy program.

"The application process was not bad at all; the hardest part was waiting for the response," LaVallee said. Connecting with other students allows the university to widen the spectrum of students it reaches.

"The positive part of it is, it allows us to expand the SU brand," Insley said. "They are proud to be representing SU over there."

Tech

Continued from Pg. 1

some kind of phase," Parrish said. "But then people had become so involved in it that it was hard to socialize without one. No one wanted to talk on the phone anymore, so I eventually gave in."

Parrish got a Facebook the summer before coming to Salisbury to find out who his roommate would be and to meet people before school. Parrish also deviates from the 81.2 percent of students who own iPods with his choice of mp3 player.

"I have a Creative Zen because when one of my friends tried to put my music on his computer he had problems downloading it with iTunes," Parrish said. "My dad had a Creative Zen already so I decided to get one too."

Parrish said of iPods, "My little

brother has one and enjoys it, but any other MP3 (player) can be just as good."

Waldron said he is expecting the next big trend to be smart phones. In the past year alone, the percentage of students that own smart phones has increased by 20 percent.

However, new trends also bring about higher expectations. "What we find is that every year each incoming class has higher expectations," Waldron said. "We only got wireless internet two years ago and now it is expected to be everywhere on campus."

Waldron anticipates that a smart phone application will be the next expectation.

"In my opinion, if we don't have a mobile phone app in 18 months, we will be out of step," he said.

Students promote tips for money management with Cash Course

Survey participants can win Wii

SALISBURY, MD — As the number of college graduates with debt continues to increase, Salisbury University has partnered with Cash Course on a new website to help students become more financially savvy: www.cashcourse.org/salisbury.

To learn more about the site, students may visit a table outside the SU Commons from 11 a.m. to 2 p.m. Friday, November 12.

The Web site explores topics including budgets, loans and credit cards, as well as subjects like eating well on a budget and steps to becoming a millionaire. Campus officials say the information is important because students nationwide are taking out loans, signing up for credit cards and spending money without planning.

"Salisbury University takes this issue very seriously and that's why we have joined forces with Cash Course," said Dane Foust, associate vice president of student affairs.

"The campus is ahead of the curve, once again."

In Maryland, a state mandate is likely being considered during the next legislative session to encourage colleges and universities to provide financial literacy courses, websites or programs to help students become more financially savvy.

Foust has been working with Perdue School of Business students Ben Delisle, Julia Glanz, Ben Hoganson, Chante McKinney and Kristin Tippet to raise awareness about the Web site around campus. The students are all enrolled in a small business consulting class taught by Dr. Stephen Adams of the Management and Marketing Department.

"Cash Course has a lot of useful information but not many students knew about it until now," said Ben Hoganson, a senior marketing major. "We want students to get out there and test the site and give us their feedback."

To ensure that the SU Cash Course Web site is beneficial, he and the other business students have created a survey to gather feedback. After visiting the SU Cash Course Web site, SU students may take a survey at www.surveymonkey.com/s/PRZR3GX or through the Facebook group "Salisbury University Cash Course for Financial Literacy." Afterwards, they may enter into a contest to win a Wii game system.

"The winner of the Wii will be announced on Wednesday, December 1, but the knowledge gained from the site can be used forever," Hoganson said.

Students learn about federal hiring process at Career Services workshop

Submitted by Courtney Dennis
Career Services practicum student

On Nov. 2, Career Services hosted a workshop in which Karol Taylor, owner of Taylor Your Career, explained the federal hiring process to those seeking a federal job.

She started the presentation by telling students that applying for a federal job is no joke. It is difficult and competitive, she said.

"I've got to tell you...I'm going to tell you some things today that you don't want to hear...It's really hard to go through the federal hiring process and follow instructions because there is jargon," Taylor said.

According to the information shared at the workshop, one of the biggest challenges that a person applying for a federal job faces is understanding and following the instructions of a vacancy announcement.

"If you can read a vacancy announcement, you can just about crack the code to federal hiring," Taylor said.

A vacancy announcement is an announcement stating that a job has become available and gives the

potential employee instructions and requirements relating to that specific job.

The jargon that Taylor discussed includes the General Schedule grade criteria.

As stated in the handout that Taylor gave to students, the GS explains the level a person is at within the federal government.

The first is GS-5, which is for people who have four academic years above high school leading to a bachelor's degree or for those with a bachelor's degree.

GS-7 is for those who have a bachelor's degree and one of the following: a high enough class standing, a 3.0 or higher GPA or membership in an honor society.

The GS-9 requires a master's degree and the GS-11 is only for those with a Ph.D.

When applying for a federal job, she said it is important to read the vacancy announcement carefully and follow the instructions.

"This is your test to determine if you can/will follow directions...If you do not follow exactly, you are wasting your time," Taylor said.

For information on federal jobs, visit <http://www.usajobs.gov> or <http://indeed.com>.

Monks

Continued from Pg. 1

ited SU in 2001 and again in 2006. Their main project was constructing a mandala. According to the Cultural Affairs website, a mandala is Sanskrit for "world in harmony" and is a tool used for meditation in which millions of grains of sand are intricately laid out on a board.

"It's always such a wonderful experience," Krell-Salgado said. "They only own a watch, shoes and robes and yet they're the happiest people on Earth. It reminds me of what's important (in life)."

The monks shared their culture with the Salisbury community to promote peace and human healing. "Our culture is based on altruism," said Tenzin Thokme, the monks' translator. "We are here to bring peace and harmony. When you feel love, you have peace and harmony inside."

On Nov. 10, the monks consecrated the place in which the mandala was constructed for around 30 minutes by reciting mantras, chanting, playing instruments and dancing.

Junior Billie McCain said she enjoyed listening to the chants.

"When it first started, it sounded like there was no rhythm or beat," McCain said. "As you listen longer, it's more like music."

For those unable to attend, a live webcam streamed the monks' progress online to SU's website.

Debra Mass, a local, spent a week in Tibet last May and thanked the university for extending the opportunity to experience a part of the monks' religion and culture.

"The monks bring a greater understanding of the people of Tibet," Mass said. "It's wonderful that the Dalai Lama sent the monks into the world."

Mass said she had the opportunity to hear the Dalai Lama speak and met him years ago.

"This is a real gift," Mass said. "(The mandala) shows what their religion is about and what it means and brings to them. It explains why they want to keep their country (as) their country."

The monks were also spotted across campus in areas such as the Commons. They completed puzzles outside of the gallery with

help from the students and the community.

"They cultivate kindness," Krell-Salgado said.

After all of the sand was carefully laid, the completed mandala was consecrated.

"The mandala will be dismantled and deconstructed to signify the impermanence of all things," Thokme said.

After the mandala was deconstructed, half of the sand was set aside to be dispersed in the river at Salisbury City Park, while the other half was placed in small plastic bags and were distributed to everyone in attendance at the closing ceremony.

Thokme explained that because the river water will evaporate and form clouds, it will spread healing energy all across the world through rain. He added that the sand given to participants will serve as a reminder of their messages.

"If you realize (the existence of) natural impermanence -- that nothing will be forever -- you will be released from the suffering," Thokme said.



Adrienne Price photo

Monks visiting SU from Tibet meticulously create a mandala from grains of sand as an SU audience looks on to learn about their culture.

Smoking

Continued from Pg. 1

ernance bodies also got involved and weighed in on the issue."

Dudley-Eshbach's recent Fireside Chat opened grounds for discussion about various campus issues. Among those students who

expressed concern about the smoking ban was Tully.

"At my recent open campus forum, several students spoke eloquently about the hardships that the ban represents for those who smoke," Dudley-Eshbach said.

But even though some students are upset about the ban, they have

been respectful of following the rules.

"Up to this point everyone has been cooperative and has obeyed the rules," said Pfc. James Doran of University Police. "However, citations will begin being issued next semester."

Contact The Flyer!

Blog

suflyerblog.blogspot.com

Facebook

Salisbury Flyer

Twitter

Suflyer

Text

646-535-NEWS

E-mail

flyer@gulls.salisbury.edu

An American Thanksgiving

Featuring Regional American Recipes

4:30-8 p.m. (Marketplace & Rotunda)
4:30-7:20 p.m. (In the Bistro)
Wednesday, November 17

110-543-6105 • www.salisbury.edu/dining

Cranberry Punch
Roast Turkey with Chardonnay Gravy
Virginia Ham with Vidalia Marmalade
Herb Roasted Salmon
Cornbread Stuffing
Vegan "Sausage" Stuffing with Vegan Mushroom Gravy
Sweet Potato Pone
Fresh Mashed Potatoes
Lemon-Garlic Broccoli
Green Beans with Garlic
Cranberry Sauce
Praline Pumpkin Cake
Sour Cream Coconut Cake
Assorted Breads
Apple Pie
Sweet Potato Pie
Pumpkin Pie

Cherokee LANES

SPECIALS

Monday, Tuesday, Wednesday & Thursday

College Nights

w/ valid college ID 50 cents off game price
\$1.50 Natural Light Drafts after 9 p.m.
Valid college ID and Driver's License required

FRIDAY & Saturday

Night Glow Bowl

Friday 9:30pm to close; Saturday 7 pm to close

SUNDAY

Color Pin Bowl

Free game with strike on Color Pin after League Bowling

Call or stop by for open bowling

Cherokee Lanes
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(410) 742-3030

Tell Us What You Think!

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STARTING MONDAY, NOVEMBER 15

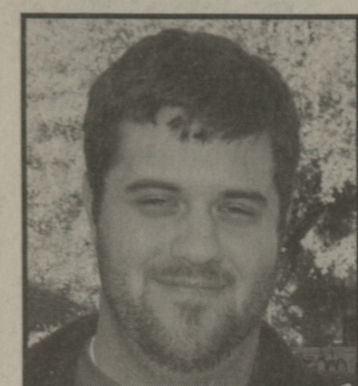
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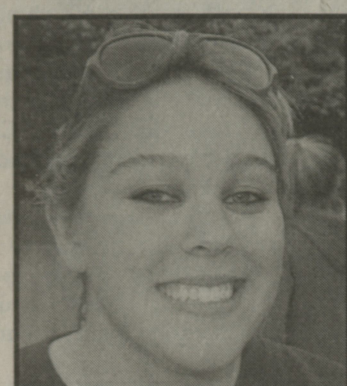
Overheard: Who is your favorite professor and why?

Photos and article by Adrienne Price



"Professor Mo Brown. He is a good professor and advisor, and makes class fun."

-Chris Bishop, junior



"Dr. (Ryan) Taylor. The daily jokes are the best!"

-Shannon Mahoney, sophomore



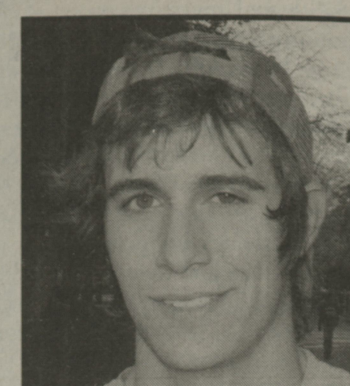
"Dr. (David) Rieck. He made chemistry actually comprehensible for me."

-Caitlin Rork, sophomore



"Dr. (Lucy) Morrison. She is incredibly dedicated to her students and has a lovely sense of humor."

-Amelia Willoughby, junior



"It's my first semester, I don't have a favorite yet."

-Sean Rolleston, freshman

NEW THIS YEAR! How would you answer this question? Text your answer, along with your full name and year, to 646-535-NEWS (6397) for the chance to be featured on our blog!

The Flyer

Salisbury University's Student Voice

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Have you seen yourself in The Flyer? Stop by GUC 215 Monday - Thursday 8:30 a.m. to 3:30 p.m. with your flashdrive and we'll give you your pictures free of charge!

Text The Flyer at 646-535-NEWS.

Colleges not so crazy for Four Loko



By Jalisa Worthy
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The powerful alcoholic and caffeinated drink Four Loko has lived up to its street name across the country at college campuses. For a college student on a budget, \$2.89 for the "Blackout in a Can" may be the answer to the avid Thirsty Thursday participant's prayers. There's only one problem: you may end up in the hospital.

While erasing memories is a magic trick most would love to learn, drinking excessive amounts of Four Loko is not the best answer. Four Loko can be dangerous because of its abundant amounts of caffeine and alcohol. To put things into perspective, Four Loko contains the intensity equivalent to six light beers and an eight ounce cup of coffee. This is enough to completely obliterate the week's stresses from memory, even in small amounts of consumption.

College administrators have a new heavy weight on their shoulders—one that just so happens to come in a can. In October, nine

Central Washington University students were hospitalized from over dosing on Four Loko. The combination of alcohol and caffeine packs a powerful punch, which leaves some college students vulnerable to being seriously intoxicated, or in other compromising situations, hospitalized.

Since the Loko takeover, administrators and lawmakers are being forced to take matters into their own hands. While each student is responsible for their own safety when it comes to alcohol consumption, universities also maintain the right to protect their reputations. Sometimes that en-

tails making not so popular decisions, like banning often abused beverages.

Much like the states of Michigan, Washington, Utah and Oklahoma, according to a Seattle Times article, and Ramapo College of New Jersey, the extent of Four Loko's legality has become a concern and a priority for safety.

Though some may disagree with authorities on banning Four Loko, the following fact cannot be refuted: drawing a blank on four of the most important years in your life isn't necessarily the best type of story you'd want to share with future grandkids.

Long distance problems hitting close to home



By Pete Hicks
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We've all had that friend. They're the one who has the boyfriend or girlfriend far away at another school. You try to sympathize with them, but all they ever want to talk about is how much they wish their baby was here with them and how much they love the person. Then the relationship crashes and burns in a way that is so ridiculously sim-

ple that you are left standing in awe as your friend breaks down. What a great "welcome to college" gift. Long distance relationships are just too tricky.

So what do you do with that friend? Do you try and console them? Do you attack their ex to make them feel better? Do you help them try and work the relationship out? The answer really depends on the friend. If they won't stop crying, try to console them. Tears are no fun for anybody, and they need to stop—no matter how much comforting it takes.

If the ex was the one who

started the fight that lead to the breakup, then feel free to verbally destroy said person. After all, it's not like they can hear you. Their distance from you is what caused problems in the first place. If, on the other hand, the ex is nice and the strain of being apart was the only issue, try to help get them back together.

What really causes these incidents anyway? Distance really can be the driving force that tears people apart. Couples need interaction every day in order to retain the emotions they feel for each other. Physical attraction is also difficult to maintain when you

can't actually see one another. That's why when the partner does visit during long distance relationships, the two are always all over each other. Couples who can maintain a close emotional relationship and a strong physical attraction are the ones that last.

How do you do this? The answer is to simply talk to your significant other a lot. Just don't pester. Ask them how they're doing, and just talk about life. But don't constantly feel like you have to know where they are and who they are with.

~SUDOKU~

THIS WEEK'S PUZZLE:

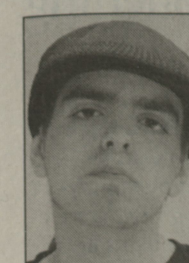
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LAST WEEK'S ANSWER:

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6	5	8	1	9	2	4	3	7
3	2	9	8	7	4	5	6	1
8	4	5	7	3	1	6	2	9
2	6	3	5	4	9	7	1	8
7	9	1	6	2	8	3	5	4

Have a question for Ms. Advice? E-mail your anonymous questions to gullgirlnextdoor@gmail.com or put your questions in the large envelope tacked to The Flyer bulletin board outside of The Flyer office, GUC 215.

Palestinian Intifada part two: the second Intifada



By Mike Gibb
Staff Writer
Mg81465@gulls.salisbury.edu

Yasser Arafat and Yitzhak Rabin ratified the Oslo Accords on Sept. 13, 1993 when they shook hands on the White House lawn. The Accords were a beacon of hope for the majority of Palestinians and Israelis and viewed as an unprecedented and historic move towards a final peace arrangement.

After the agreement, Arafat even staged a small scale Palestinian tour, visiting various towns such as Ramallah and declaring them liberated. In 1994, the Nobel Peace Prize was awarded to Arafat, Rabin and Shimon Peres for their efforts in creating a prolonged peace. Unfortunately, the upcoming years showed this attempt at a prolonged peace as premature.

In Israel, right-wing political movements began to form, which were openly opposed to Palestinian statehood. Ariel Sharon and Bibi Netanyahu gained wide popularity. On the Palestinian side, the rejectionist front emerged, showing extreme skepticism of the Accords.

The People's Front for the Liberation of Palestine, as well as the Abu Nidal Organization (or the Fatah Revolutionary Council) and other members of the Palestine Liberation Organization broke off to form the rejectionist front. Hamas was an emerging

political party not affiliated with the PLO or the official rejectionist front and became an outspoken critic of Oslo.

These groups viewed Arafat as either corrupt or far too submissive in the peace talks. Throughout the 90s, the Israel defense forces and various anti-Oslo groups engaged in waves of retaliation, each blaming the other as the aggressor.

Unresolved tensions eventually led to the second Intifada. The second Intifada was notably more violent than the first, and popular Israeli opinion believed there was no partner for peace in Palestine. It was believed that a visit to the Al-Aqsa mosque by Sharon sparked the Intifada, but this event primarily served as a provocation.

Palestinians claimed numerous violations of international law. The disposition was held with Oslo that the second Intifada was a natural response to the uncompromising nature of Israel. Settlement expansion continued, as well as numerous attacks where the vast majority of violent settlers were allowed impunity.

While there is no official date for the second Intifada's end, Hamas and many of the groups opposed to the peace process denounced suicide bombing as a tactic. Hamas is the currently elected democratic government of the Gaza strip that shifted its main focus to political and social solutions.

The conflict has not met an official end, however. Therefore, the democratic election of Hamas and the current state of affairs will be covered in my next analysis.

Letter to the Editor

Two hearings after Thanksgiving break offer students opportunities

Upon returning from Thanksgiving break, students will have two opportunities to weigh in on legislative proposals that affect them—towing regulations and anti-crime legislation. Both meetings will be held in council chambers on the third floor of the Government Office Building downtown at 125 N. Division St.

Monday, Nov. 29 at 6 p.m., the Salisbury City Council will hold a public hearing on the proposed Towing Ordinance. This proposal seeks to close loopholes in the current code so that when citizens are involved in matters that require towing obtained by the city police (accidents, public parking violations, emergency snow route violations, etc.), towing operators listed by the city must abide by a consistent set of rules and fees for the consumers' protection.

The proposal would also prohibit towing operators from creating multiple companies in order to get on the City's rotation call list more than once, which creates an unlevel playing field for other towing operators.

Tuesday, Nov. 30 at 6:30 p.m., the third

2010 Safe Streets Neighborhood Legislation Public Dialogue will be held, hosted by Council Members Debbie Campbell and Terry Cohen.

This is a package of legislation proposed by Mayor Jim Iretton to curb crime, poor housing practices that contribute to crime and repeated calls for service that drain police resources and funding. To date, the city council president has refused to allow the council to discuss the proposals as a public body. The public dialogues have been held by the two council members in an effort to obtain the public input necessary to craft the best legislation possible.

The text of the legislative proposals can be found at www.OnYourSideSBY.blogspot.com. Any student wanting more information is welcome to contact Council Member Terry Cohen at 410-845-0296 or by email, Terry@TerryCohen.com.

-Terry Cohen
Salisbury City Council Member

Sanitation over illness



By Ajia Allen
Staff Writer
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Some feel fall is the best time of year. With transitional weather in the air, the campus community can look forward to breaks from classes with upcoming holidays like Thanksgiving and Christmas. That's not all seasonal transition brings, though.

Once leaves start falling and changing colors, a cool breeze sways the air with increasing soft noises of sneezes from the people around you. Therefore, with seasonal transition comes precaution.

The beauty of fall can't mask the fact that everywhere a person turns, another sick individual is nearby. With more people catching some form of a cold or worse, it's ideal to look into some precautionary measures for helping remain immune to germs in the air and on objects touched.

Students often share drinks and cups at parties, and they are unaware the person they're sharing with may be carrying a flu virus. While there are

even worse case germ-spreading scenarios that occur on campus, we need to first be a little more aware of the activities we involve ourselves.

I highly recommend washing hands more than usual and applying hand sanitizer often. Wiping off surfaces before touching them can never hurt, either.

These minor measures toward germ aversion are not an inconvenience and may make the difference between having to take off from class or work and being ready for your daily activities.

Salisbury University can help contribute as well. Germ sharing would be minimized if dining facilities like The Commons provided straws for drinking. This is because many people utilize paper cups over the potentially unsanitary glasses for beverages.

When paper cups become scarce however, students have no choice but to use the glasses anyway. This reinforces the importance of providing straws for sanitation purposes.

Once sanitation becomes a mutually-based effort, it's inevitable that our health will become strengthened. Though a few rare cases of illness might slip by in the short run, choosing sanitation first beats illness in the long run.

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Schedule Your Senior Portrait Today!

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Senior portraits for the class of 2010 will be taken beginning Tuesday, Nov. 30 in Room 219 of the Guerrieri University Center. It is important that you schedule your appointment now by logging onto Herff Jones' 24-hour scheduling site, www.ouryear.com, entering school code 44.

When you schedule your appointment, you will receive complete information on how to prepare for your portrait sitting and other pertinent information.

Appointment Times:

Tuesday, Nov. 30 between 8 a.m. and 8 p.m.

Wednesday, Dec. 1 between 8 a.m. and 8 p.m.

Thursday, Dec. 2 between 8 a.m. and 8 p.m.

Starting students' mornings with a smile

By Amanda Kimmish
Staff Writer
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Students who rise early for breakfast at the Commons during the week can't sneak by without coming in contact with Miss Barbara. The loving cashier is always there to give students a warm hug with her signature saying: "How's my baby?"

"I love Miss Barbara; she is my favorite part of the morning," said sophomore Katlin Holmes. "She is the reason why I wake up early."

For the past five years, Barbara Montgomery-Davis has been a cashier at the Commons, spreading smiles to students while swiping their Gull Cards.

"Nobody goes by me without getting a hug," Montgomery-Davis said. "I want them to know that even though they may be far from home, someone is thinking about them." Although it is hard to do, Montgomery-Davis tries to remember every student's name that she sees on a regular basis.



Barbara Montgomery-Davis, lovingly known as "Miss Barbara," greets a student with hugs and kind words to start out his day.

"It makes them feel good and not so far away from home," she said. She said she really appreciates it when students come up to her excitedly to say "hi" or to tell her something.

Montgomery-Davis said she treasures her co-workers, considering some of the men and women she works with as her own brothers and sisters. She refers to the other cashiers as her "golden girls."

"Barbara is unique and wants students who are away from home to not feel so far," said Doug Jones, manager of The Commons. "She is very genuine."

Some of Montgomery-Davis' favorite times are during Hal-

loween and Christmas. She loves to hear about what students are going to dress up as and enjoys handing out Christmas cards. She said she hates hearing when a student is going to graduate, because of the personal relationships she builds with them.

"Long lasting and positive memories that will last through time is what I set out to do," Montgomery-Davis said. "It makes me feel really good to know that I can start their day with an upbeat attitude."

Montgomery-Davis can be found swiping Gull Cards and giving hugs Monday through Friday at The Commons.

"The Clean House" is offbeat, touching

By Erin Traylor
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It's hard to imagine how plot twists involving racy underwear, an Alaskan trek for a Yew tree and incomprehensible jokes in Portuguese could amount to a poignant new outlook on life, but the Bobbi Biron Theater Program's current play, "The Clean House," does just that.

The play, written by Sarah Ruhl and directed by Robert Smith, debuted Nov. 12-14 and will continue Thursday to Sunday, Nov. 18-21.

Carried entirely by a cast of five, "The Clean House" tells the story of two combative sisters, a foreign house maid, a cheating husband and his apparent soul mate who become completely entangled in each other's lives as they seek to organize their fragmented relationships.

The show begins with a curious scene featuring Matilde (Katherine Worley), a young Brazilian maid on a quest to find the perfect joke, in which she enthusiastically tells the audience what is assumed to be a lengthy dirty joke in Portuguese.

The story comes full circle when Matilde whispers the perfect joke to Ana, an older and com-

passionate woman suffering from breast cancer, who falls to the floor, having literally died laughing.

Matilde finalizes the show when she says, "I think maybe heaven is a sea of untranslatable jokes. Only everyone is laughing."

Audience members were responsive to the play's offbeat humor. "I think it's really good, it's funny," said senior Kim Roberts.

Fellow senior Zach Lingeman agreed, adding that he felt Matilde is the funniest character of them all.

"My favorite part is when (Matilde) is talking about how love isn't clean, that it's messy," said senior Chris Barton.

But the story isn't just a comedy, according to actress Jennifer Manning

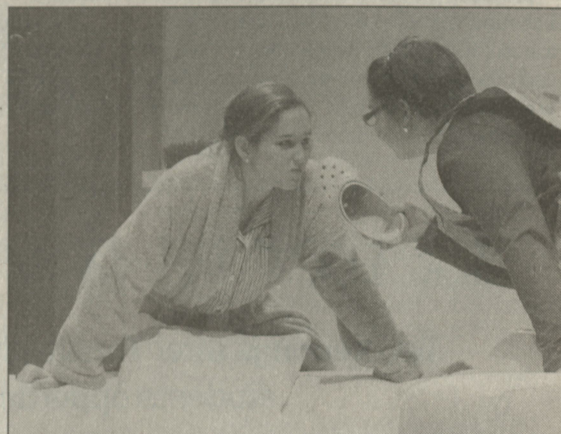
"It's really about the maid, Matilde, she kind of discovers herself and lets go of the loss of her parents through humor."

Manning's character, Lane, a fastidious doctor with an unfaithful husband, also experiences a transformation.

"She learns a lot. She starts off being this self-absorbed b****, and by the end she becomes very caring and almost selfless," she said.

The performance's underlying emotion was well-evinced, according to graduate student Keith Elphick.

"I like the way it combined elements of comedy and drama," he said. "Overall, I think that the actors and actresses did a great job with the accents, and with creating a sense of intimacy on the stage."



Students act out a scene from *The Clean House*, which will continue Thursday-Sunday, Nov. 18-21.

Blog is an outlet for wine information and reviews

By Amanda Kimmish
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There's a new blog in town with food and wine tips, factoids and traveling anecdotes. "The Wine and I Know" is a new blog created by sophomore Carolyn Moore and her stepfather Tim O'Hare. The site boasts wine reviews, ratings and recipes from O'Hare, the professional wine expert, with a fun and modern twist courtesy of Moore.

O'Hare said the name came

from a Jimmy Buffett song. "I am the wine and Carolyn is the 'I,'" he said. "We want it to be a wine blog that helps people in and not in the wine industry to learn about wine."

O'Hare is a regional director of education for a prominent alcohol distributor and is also working on his Master Sommelier, which is the highest distinction a professional can attain in fine wine and beverage service. Only 170 people worldwide currently hold this title.

"I put his advanced knowledge

into terms that other people with not as much knowledge about wine can understand," Moore said. "When we did research on other blogs we saw they were really dry and boring and we wanted ours to be a funny, enjoyable and easy read."

Recent blog posts include reviews on The Deli, EVO pumpkin beer and chocolate wine, with sporadic pictures and fun thoughts, such as wine out of a vending machine, Pop Art and Don Perignon. Moore and O'Hare also recently attended the

Salisbury Wine Festival.

"I am going to start posting more about local restaurants and reviewing them," Moore said. "I also saw on 'Diners, Drive-Ins and Dives' [A Food Network TV show], this bacon flavored Whiskey drink which I plan on making and posting the recipe and my review of it."

One of the most popular posts was "Gourmet...College Style," in which Moore gave her recipe of salmon with a whole grain mustard and maple syrup glaze with roasted baby carrots. She

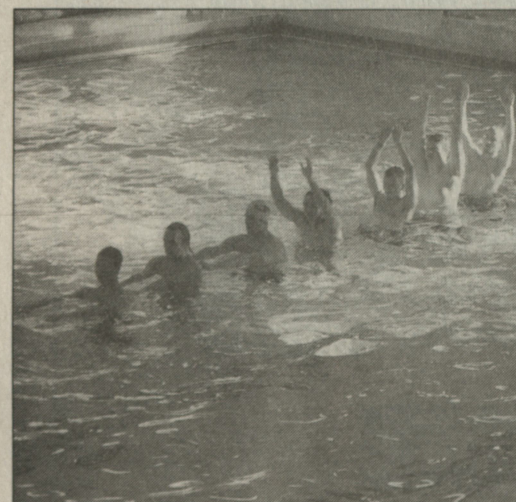
said the recipe was "simple and turned out better than expected."

Many posts include Moore and O'Hare's travels to South Africa and the multiple vineyards they visited there, as well as O'Hare's trips to France, Napa and Chile. "I think that a wine and food blog is awesome," said junior Caitlin Connors. "It's cool that you can check out easy recipes and it is easy for people to read who aren't wine experts."

Check out the site at <http://thewineandiknow.typepad.com/the-wine-and-i-know/>.

From the Photo Bank:

What's Happening On Campus



Fraternity members participate in synchronized swimming at Delta Gamma's Anchor Splash.



Students from Paula Morris' class sell raffle tickets for an iPad to fundraise for Stop the Violence in Red Square.



Dr. Burney J. Hollis of Morgan State University delivers a lecture in the Wicomico Room Nov. 9.



Faculty and staff members enjoy themselves at SGA's faculty and staff appreciation event, held the afternoon of Nov. 15 in the Social Room of Holloway Hall.



Students entertain the crowd at SOAP's Open Mic Night on Nov. 11. SOAP invited students to express themselves at the event, held in Fireside Lounge.

Weekly Greek

Pi Lambda Phi returns to SU

By Brittany Cooper
Staff Writer
Bc17056@gulls.salisbury.edu

The members of Pi Lambda Phi fraternity are trying to show SU they are true gentlemen and leaders. After leaving campus a few years ago, eight new members are bringing back the fraternity with high hopes to instill their philosophy on the campus.

The motto of the fraternity is: "not four years, but a lifetime." New members will be initiated by December, and the fraternity hopes to add more members next semester so they can get their charter.

The fraternity prides themselves in academic excellence. With a 2.75 GPA requirement, they have the highest requirement of all Greek organizations at SU. Some of their philanthropies include the March of Dimes and the Elimination of Prejudice. They were founded on the idea that all men are created free and equal. One of their "true gentleman" campaigns is holding doors around campus.

"Our actions speak louder than our words," said senior member Zack Kline, one of the founding fathers.

Pat Gotham, president of The Inter Fraternity Council at SU, said he is looking forward to having an active chapter of Pi Lambda Phi on campus again.

"I am a founding father of Sigma Tau Gamma and know the challenges of starting a chapter of a fraternity on campus," Gotham said. "It's a rough road, but the best way to be successful is to really get involved with the rest of the Greek community."

Pi Lambda Phi is doing just that, with plans to get to know the campus and Greek community through events like the Dress for Success fashion show with career services on Dec. 2.

Member Mike Walker got involved with the fraternity because his roommate worked with a member who told him about it. "I did not believe him at first," Walker said, "I am happy with the decision I have made to be in Pi Lam and cannot wait to see what the future holds for us."

Upcoming Greek Events

Thursday, Nov. 18
Sigma Tau Gamma Fundraiser at Twisted Pretzel: 3-7 p.m.
Sorority powder puff football at Intramural Fields 4:30 p.m.
Delta Gamma Bake Sale in Henson 11 a.m.-2 p.m.

Monday, Nov. 29
Phi Mu is selling Children's Miracle Network bracelets outside of Commons 11-2 PM

Tuesday, Nov. 30
Panhellenic Interest Night for

sororities in Worcester Room: 7 p.m.

Saturday, Dec. 4
Alpha Sigma Phi Dodgin' Balls for a Cure in Maggs: noon

Every Wednesday in Gull's Nest
Sorority Interest Night 6:30-7:30 p.m.

Formal Sorority Recruitment will be Monday, Feb. 7 to Friday, Feb. 11.

Riley gains public relations experience through practicum

By Kristina Jäckereas
Staff Writer
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Internships have become a necessity in today's society. For almost every job, having internship experience can be a benefit. "Internships are the best way to get into the job market," Career Services Director Becky Emery said. "Work experience coupled with education is a great combo; it can be very motivating."

Junior Jenna Riley is a prime example of a student who is pairing her education with work experience. A communication arts major with a focus in public relations, Riley currently has her practicum with Career Services.

"I really enjoy the fact that it allows me to express my creativity because there isn't just one way to go about handling public relations," she said. For her practicum, Riley is required to have 90 hours of experience before she can get an internship.

"During my time in Career Services I have worked on several projects dealing with business fashion," Riley said. "I have created two workshop presentations in Career Services that teaches what is and isn't appropriate to wear to an interview or in the workplace."

Riley has also been collaborating with Jaime Buhder, a graduate assistant with Career Services, to create The Business Wear Fashion Show that will be held Dec. 2.

"We will have SU students modeling business casual and business professional attire, as well as a 'what not to wear' category,"



Jenna Riley

Riley said. "There will be raffles and prizes given away at the show as well. We are really hoping that it is even more successful than last year's show."

In addition to the show, Riley is in the process of creating a catalog that will display clothing that both men and women should wear for the interviewing process.

Riley says she enjoys her practicum because Career Services allows her to create projects based on her love for fashion. "My supervisor, Mr. (Charlie) Endicott, has been really great with allowing me to gear these projects around what I want to do with my own career," she said. She said working at Career Services has also been a pleasant surprise.

"I love that I have been able to use this experience to help me further myself in public relations," she said. "I hope that someday these experiences will have been a stepping stone into helping me land a job in fashion PR or in the fashion industry in general."

Postcards from the past

Nabb Center showcases holiday memories

By Rachael Stone
Gull Life Editor
Rs60914@gulls.salisbury.edu

Following stamps and coins, postcards are the third most popular collector's item. A postcard serves as a canvas to tell a story and send a message.

Through a vibrant display, the Edward H. Nabb Research Center for Delmarva History and Culture gallery presents "Tis the Season: Vintage Postcards in American Memory," an exhibit displaying holiday postcards sent to families, friends and loved ones from the late 19th through the mid-20th centuries.

Featuring the Thanksgiving, Christmas and New Year holidays of the Victorian period, a collection of Nabb center postcards show the history of holidays, highlighting the importance of the winter celebrations to the time period.

"We have such a wonderful collection of these holiday postcards that we wanted to display," said Nabb Center Director Ray Thompson. "We wanted to show the community the kinds of material that we have that relate to the past times here on the Shore."

Cards decorated with images of turkeys, fall colors, pilgrims, and tables decorated for a feast of all feasts represent the traditional Thanksgiving holiday.

Thompson said some of the cards show that Thanksgiving is a time for giving thanks, but most of the cards show the agricultural nature of the holiday.

"People are celebrating the completion of the harvest

season," he said.

Perhaps the most in-depth part of the display includes the display of Christmas postcards. A variety of detailed universal Christmas symbols float across the cards, developing the story of Christmas through the eyes of one generation to the next.

"Christmas has been viewed in a lot of different ways over the years," Thompson said. "It was not always a time where loads of presents were given out to children, Christmas was a time of solemnity, recognizing holy celebration."

Postcards with images of religious-related birds, nativity scenes and angels represent the holiness of Christmas. In time, the cards begin to represent more modern images, like Santa Claus and the Christmas tree.

"In 1863, illustrator Thomas Nast drew a sketch of Santa Claus and it became the iconic picture of him," Thompson said.

The display ends with a section of postcards welcoming a new leaf and a new year. A horseshoe symbolizes luck, while another postcard shows an angel ringing in the New Year bell. Hope for a fresh start, a change, good health and happiness is a common theme.

"The exhibit is a good cross section of the late Victorian humor and spiritual attention for all of these seasons," Thompson said.

The exhibit is free and open to the public and will run until Dec. 22. Gallery hours are Monday through Wednesday or by appointment.



Sport-specific training for volleyball athletes

By Eric Buratt
Editorial Editor
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Athletes exhibit a tremendous amount of mental and physical toughness, which is necessary during game time and in life. As a result, they maintain some of the strongest and leanest bodies in the world. I previously covered how to train like soccer and football players. Now with the help of Matt Nein and Coach Marge Knight, I present to you the next installment of this series for the fall semester: sport-specific training for volleyball athletes.

Movement patterns of volleyball players

The majority of the physiological and metabolic demands for volleyball players reflect the fact that there's a tremendous amount of jumping involved on the court.

"The ultimate goal of any (strength and conditioning) program for volleyball players is to get them jumping higher than blockers," Nein said. "So it's important to make them progressively forceful through their (core) by increasing their lower body power as well as their rotational power."

The movement patterns of jumping higher and hitting harder thus make the volleyball player harder to defend during the game. According to Nein and Knight, volleyball players are already very athletic even before they begin any new progressive training program. However, the following concepts are progressed individually among players to make them harder to defend come game time.

In no particular order, Nein says that plyometrics, rotational stability work, mobility work and lower body development make up the core of what needs to be accomplished from a strength and conditioning standpoint. As far as upper body training goes, the two main goals are strength and power work for the back anterior.

"The back acts as an arm decelerator when hitting the ball," Nein said.

"By incorporating power work for the back anterior, we generate scapular stabilization and strengthen the rotator cuff muscles, (both of which are necessary for movement patterns on the volleyball court)."

What volleyball coaches look for

Although volleyball players seem to be very athletic and quick individuals to begin with, coaches still look for lots of explosive development overall—especially during the season.

"I look for explosive power and quickness, along with the ability to recover quickly," Knight said.

According to Knight, the team really started to train seriously about six years ago. Their records over that period definitely tell no lies, as the team went from 25-12 (6-1 CAC) in 2004 to 32-5 (8-0 CAC) in 2009. Certainly an optimal strength and conditioning experience has facilitated such success.

"We can play for five hours with just a 30 minute break and still play at a high level," Knight said. "This is the tournament format the entire season where we play back-to-back matches."

How to train like a volleyball athlete

If you think you have what it takes to train like a volleyball athlete, give the following sample warm-up and workout a shot. Focus on rep quality by maintaining explosive power on the lifting (concentric) portion and a controlled but quick lowering (eccentric) portion.

Dynamic Warm-Up (10 minutes)	Execution
Arm Circles - small/medium/large	5-10 sec. (both directions)
Trunk Twists (back-and-forth = 1)	20
Super Mario Brothers	20m x 2
Walking Long-Step Lunges	10m x 2
High Knees	10m x 2
Butt Kickers	10m x 2
Karaoke	20m x 2 (both ways)
Alternating Jumping Lunges	3 ea. leg x 3 sets
Reach for the Sky Jumps off Bench	3 ea. leg x 3 sets

Strength Workout (45 minutes)	4-6 Sets of
I. Barbell-Bench Complex Superset	
A1. Barbell Good Morning	6 reps
A2. Reverse Rotational Lunges - Bench Step-Up - Overhead Press	6 reps (each leg)
II. Back Anterior/Scapular Stabilization Upper Body Superset #1	
B1. One-Arm Dumbbell Row	5-8 reps
B2. Cable Face Pull (with Rope Attachment)	5-8 reps
III. Antagonist Upper Body Superset #2	
C1. 90-Degree Bent-Over Barbell Row	5-8 reps
C2. Unweighted Push-Up w/ Shoulder Blade Pop	5-8 reps
IV. Core Work	3 Sets of
D1. Narrow Grip V-Ups to Waist	20
D2. Rollouts (w/ab wheel or barbell)	10
D3. Resistance Band Core Twists	8 (each side)

Want to help someone this holiday season?

As the holiday season approaches, organizations around the community are looking for help. As Salisbury University students, there are many ways to give back to the community and help make the holidays an enjoyable experience for all. The SU Volunteer Center is sponsoring several events to help out for the holidays. Listed below are just a few activities that students can volunteer for.

Canned food drives
GUC Events, the National Panhellenic Council and the Volunteer Center combine for a canned food drive during Hunger and Homeless Awareness Month. Students can get service hours by donating canned goods in the GUC from 11 a.m.-2 p.m. until Friday, Nov. 19. Proceeds go to The Joseph House.

Until Tuesday, Nov. 23, the University Fitness Club will also be collecting non-perishables for their FEED THE NEED effort to benefit a local charity.

The Children's Christmas Shopping Tour

On Saturday, Dec. 11, at 4:45 a.m., the Salisbury Jaycees and Salisbury Jaycees Foundation host The Children's Christmas Shopping Tour. Each volunteer will shop with a child in need at the North Salisbury Walmart. The children will receive a specific amount of money to shop with.

The Tournament of Trees

Through Friday, Nov. 19, RSOs can sign up at the GUC Office, GUC 222, to receive a three-foot Christmas tree, and decorate the tree according to the theme of "Live, Learn, Lead." The trees are donated to nursing homes and hospitals.

Care Packages for the Troops

In this event sponsored by the Student Military and Veterans Association, students can drop off items at the Volunteer Center for the troops until Wednesday, Dec. 1, and those items will be shipped out.

Races to benefit Toys for Tots

On Monday, Nov. 21, teams of five will be able to compete against each other to see who can run faster, all while handing off Santa's attire to each team member before they run their portion of the race. Those signing up for The Santa Run will need to provide \$20 or an unwrapped toy worth \$20. The IFC sponsors this event. Proceeds will go to Toys for Tots.

Students can also benefit Toys for Tots by running in the Turkey Trot, held Thursday, Nov. 18 at 4 p.m. Sign up at the intramural office in Maggs. Cost is \$5 or a toy to donate.

To find out more these events or to see other volunteering opportunities, students can contact the Volunteer Center at 410-548-3014 or volunteer-center@salisbury.edu, or go to Salisbury.edu/Volunteer

Compiled by Kristina Jäckereas

Former SU pastry chef creates sweet treats at Cake Art & Cupcake Cafe

By Melanie McAuley
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Cake Art & Cupcake Cafe, a quaint bakery located in downtown Salisbury, offers the community a break from their day to indulge in a treat that will satisfy any sweet tooth.

Cake Art officially opened in June. The shop is owned by Susan Patt, a local and former pastry chef at Salisbury University. Patt has been a pastry chef for over 20 years and has worked for a number of different establishments, including Galaxy in Ocean City. After graduating from Baltimore Culinary College and working her way through the field, Patt was ready to open up her own shop.

"I've been baking and making pastries for years," Patt said. "After baking all that time for other people, I knew I wanted to do it for myself, so I did."

There are up to 20 different gourmet cupcake flavors at Cake Art, all for \$2.50 each. Oreos, Reese's and Chocolate Overload serve as daily favorites. Holiday flavors like Pumpkin, Caramel Apple and Cranberry Orange are also available. Cookies, including an assortment of classic Christmas cookies during the holidays, are also available. Pies are sold during the holidays as well.

Within the store, there are countless photo albums of Cake Art's homemade and handcrafted cakes. Cake Art offers custom wedding cakes,

specialty cakes and sheet cakes. Patt said some of the most memorable cakes include a life-size archery target, which would not even fit out of the door, and a Mario Galaxy cake complete with all the Mario Brothers characters made of fondant. Those who are just looking for a gourmet cake, it can be found here in a variety of flavors. The nine-inch round cakes start at \$30, and six-inch round cakes start at \$15.

"I am learning a lot here," said Jasmine Byrd, a Cake Art employee who attended Solters Point Tech for the culinary program and graduated at the top of her class.

"I hope that working here will help me along the way to have my own bakery some



Adrienne Price photo

Cake Art owner Susan Patt arranges cupcakes at her cupcake cafe and bakery in downtown Salisbury. Shown in front are some of the Reese's-flavored desserts.

day."

The cafe is environmentally friendly, implementing initiatives such as cutting back on waste and recycling. Cake Art is also a big supporter of the community and teams up with

Rise Up Coffee, a local free trade organic coffee shop, so that customers who stop by can enjoy a cupcake with a coffee.

"I have heard of Cake Art before, but have never really

had the chance to try it. I really would like to try it because let's face it, who doesn't like cupcakes?" freshman Yolanda Rucker said.

To learn more, visit www.CakeArtMD.com.

DJ Spotlight: "What's Poppington??" Mondays 8-10 p.m.

By Melanie McAuley
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Monday nights on WXSU, Salisbury's student-run radio station, students are infused with debate over today's hottest hip hop and R&B musicians on DJ Miss Olympia J and DJ Rie's show "What's Poppington?"

Olympia Sanders, a freshman, and her co-host Marie Fountain, a sophomore, are both fairly new to SU, but are taking over the radio waves.

Listeners can expect new hits from artists like Jay Z, Drake and Kid Cudi, and old hits from favorites like Biggie, too. "I'm the biggest Nikki Minaj fan," Sanders said. "When we were thinking about what to call the show, I automatically thought Nikki. The name actually came from one of her fan pages."

The show not only includes music, but also debates and discussions on practically anything. Callers can even phone in to give their comments, questions, and general opinions.

"When we say we talk about everything, we mean absolutely everything," Fountain said. "We talk about relationships, random things we see in the halls, what happened the weekend before, who is going to be the next big thing, and so on. There is no topic we won't explore."

The duo is teaming up with DJ Bagger and DJ Dmoe Thriller, who are also part of WXSU, to help improve their show and to reach a larger audience. Sanders and Fountain want to have as many listeners as possible, and hope to expand past the Salisbury and Delmarva area.

The ladies are also executing their show on USTREAM, a website in which any person tuned in can see and hear the show as it is being recorded live. Anyone can watch for free as a guest, but if listeners wish to comment they must create an account.

"We want more listeners and more Nikki," Sanders said. "Every time we do a show, we get better and better. We think of things we should never do again and other things that would be great for the show. More listeners would definitely help us aim to have a better show, and the listeners would have a great time like we do."

Tune in to WXSU 96.3 FM Mondays from 8 to 10 p.m. to catch DJ Miss Olympia J and DJ Rie on "What's Poppington??" They can also be found on Twitter, @WATSPOPPINGTON.



Submitted photo

Olympia Sanders and Marie Fountain host "What's Poppington??"

Meet... Elizabeth Buchanan

By Sarah Krauss
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Meet Elizabeth Buchanan, a sophomore at Salisbury University. Originally from Westfield, N.J., Buchanan is a Sociology major with a minors in Spanish and dance minor.

When she's not waiting at Chili's, she can be found dancing, singing, and hanging out with her friends and participating as a member of the SU Poms Team and Girls on Top. Recently, The Flyer had a chance to talk with Buchanan, here what she had to say...

The Flyer: Why did you decide to go to Salisbury University?

Elizabeth Buchanan: I came here to visit a friend and I liked it. I originally started at Kean University. I transferred here last semester.

TF: Who is your favorite professor at SU?

EB: Professor (Peggy) Genvert. She teaches history and always keeps us engaged. I never dread going to her class.

TF: What is your favorite food to make?

EB: Paella with saffron rice, chicken, shrimp and scallops.



Elizabeth Buchanan

TF: What is the last concert you went to?

EB: The last concert I went to was O.A.R. I also really love the music of John Mayer and Ingrid Michalson.

TF: What do you do when you are bored?

EB: I watch movies. Especially my favorite one, "A Lot like Love."

TF: If you could be a star in any movie or show, who would you be?

EB: Serena from "Gossip Girl"

TF: If you could have any profession, what would it be?

EB: I would be a professional dancer for a company in New York City.

TF: Who is your role model?

EB: Audrey Hepburn. Not only was she a fashion icon, but she was also a humanitarian. I admire how her life meant something to the world.

TF: What is a unique talent of yours?

EB: I've been told I am a really good kisser.

TF: What is your signature saying?

EB: "Love that!"

Turkey without turmoil

Cooking a Thanksgiving dinner for a smaller crowd – and as a college student

By Chelsea Grimm
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If you're spending Thanksgiving on your own, chances are you are probably worried about how to make your own dinner, roast your own turkey and do it all without spending a ton of money. Luckily, you can do it quickly and easily and still have a homemade Thanksgiving dinner, just like your mom would make.

Ingredients:

Salt, pepper, dried crushed rosemary, garlic powder, milk, sour cream, turkey breast, boxed potatoes, water, butter, canned turkey gravy, packaged rolls, stuffing mix, green beans, cream of mushroom soup, French's fried onions, a yellow onion, a bag of baby carrots.

Equipment:

Microwave, stove, bowls, a roasting pan, utensils

POTATOES: Cook the potato flakes as the package directs. For every cup of flakes you use, add an additional tablespoon of butter and sour cream and ½ teaspoon of pepper, garlic powder, dried rosemary and salt. Stir these in after cooking and they will make boxed potatoes taste homemade.

GRAVY: Gravy can be pretty tricky to make, so use your canned gravy and dress it up just like your potatoes. Jarred gravy does not need salt. For every jar or can of gravy, add ½ tablespoon of garlic and pepper and ¼ teaspoon of dried rosemary.

ROLLS: Baking bread or rolls can be very hard, especially if you're not a born baker. Take the advice of that cute little Pillsbury Dough Boy and buy one of his cans of rolls or crescents. All you need to make those is a baking sheet, a little butter and the ability to read.

STUFFING: Stuffing is, of course, a staple on your Thanksgiving table and it's pretty easy to do. That's right, go buy a pre-packaged mix. Most brands are well seasoned and only need to be made and enjoyed!

GREEN BEAN CASSEROLE: If you want some greens on the table, green bean casserole is definitely the way to go. Both Campbell's Cream of Mushroom Soup and French's Fried Onions have the recipe for classic green bean casserole right on the back label. Make use of this, because it only takes five ingredients and 30 minutes in the oven to make.

TURKEY: Unless you're feeding five or more people, a whole turkey is a waste of time and money. Buy a turkey breast instead! Purchase about two pounds per person, so that everyone will get as much as they want and still have leftovers. Take two teaspoons each of rosemary, garlic, salt and pepper and mash that into half a stick of butter. Once mixed up, rub it on the outside of the turkey breast, coating it thoroughly. Chop your onion into slices and place it and your carrots in a roasting pan and place the turkey on top. Roast for as long as the package says to, making sure that your turkey is cooked thoroughly. When it's done, slice it up and enjoy.

SU grad signs with American Basketball Association

By Kaycie Goddard
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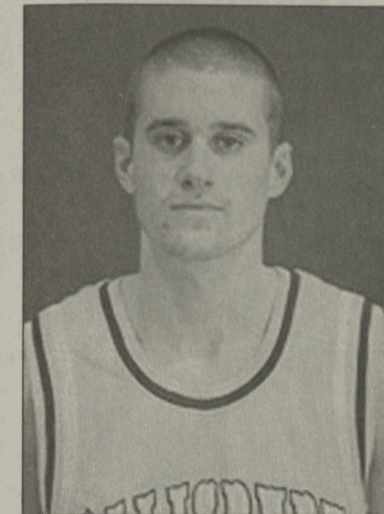
Former Salisbury University basketball player and Salisbury native Greg Palmer signed with the Louisiana United of the American Basketball Association.

Palmer was a dedicated athlete during his time at Salisbury. Steve Holmes, head coach of the men's basketball team, said it was Palmer's commitment to improving his basketball skills as well as his work ethic that made him stand out as an excellent athlete.

"Greg was coachable," Holmes said. "He wanted to learn, he was a real student of the game."

Holmes first met Palmer when he was in middle school and attending local basketball camps.

"He really wanted to go to SU and we wanted him here," Holmes said. Palmer's leadership was highlighted in his junior year at Salisbury when he became a captain of the basketball team and cracked down on his academic studies in exercise science.



Greg Palmer

"Greg went from being shy to a more vocal captain that the team could look up to," Holmes said. "He led by example in his workouts."

Palmer was recognized for his physical achievements when he was named the National Strength and Conditioning Association All-American for the '08-'09 season. In order to be nominated for the award, the student has to show improvements in his or her work ethic both on and off the court.

Matt Nein, strength and conditioning coordinator at SU, said Palmer wasn't the kind of person to ever settle. Though Palmer began his career at Salisbury with little playing time, he proved himself through six-hour-a-day workouts and improvements in his skills to averaging 30.4 minutes per 40 minute game.

"Greg was constantly going above and beyond to get better," Nein said, adding that signing with the ABA will open doors for Palmer. From meeting former NBA players to traveling out of the country, Nein said Palmer deserves this kind of opportunity.

"It's always the hope for a chance to keep playing professionally," Holmes said. "We're elated for him." Louisiana United is a new expansion team in the ABA and plays their home games in Lafayette, La. The team was founded May 20.

Louisiana United begins their season Nov. 13 against Franklin State. "With the qualities Greg possesses, his future, whatever it may be, is very bright," Nein said in his NSCA All-American nomination of Palmer.

"He'll be able to look back and have no regrets, and that's what we want every athlete to be able to say."

Basketball gets prepped for upcoming season

Men's basketball set to hoop it up

Women's basketball hits the court with experience

By Patrick Drengwitz
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The Salisbury University men's basketball team, led by Head Coach Steve Holmes in his 11th season, returns with a determination to put themselves in the running for a Capital Athletic Conference title. The Sea Gulls look to make improvements from last year and become a worthy contender in the NCAA tournament. In a word, Holmes said the fans can expect an "up-tempo" team concept.

"Our goals are always the same," Holmes said. "3.0 team GPA, conference regular season championship, conference tournament championship and an invitation to the Division III National Tournament."

With a poised and determined leader, the Sea Gulls show little sign of faltering in their plan to reach these goals.

"All of (SU's) teams seem to have winning records, so basketball should be nothing less," said junior Joe Esposito, a fan.

Players will flood the court for Salisbury, some planning to step up as leaders. Holmes believes many different players will be crucial to the success of the team.

"Our leaders are returning starters Chris McGrew, and '6' small forward Captain Mike Maczko. Both players were extremely important in last year's success and will be counted on heavily this season," Holmes

said. "Point guard Devin Posey; guards Eric Johnson, Mike Atkins, David Pearson and Brandyn Wilkerson; forwards Lee Righter, Jason Nwosu and Xavier Yeoman will all [also] play important roles this season."

The team has many different players who will have an impact this season, with returning stars adding even more points to the scoreboard and dominance against opponents.

"We have good (average) size with six players at 6'4" or taller. And arguably the best center in the CAC with 6'9" Chris McGrew," Holmes said.

Holmes said he hopes these players will step up even more than last season and make the Sea Gulls the team to beat.

These players were part of a team last season that held opponents to only 68 average points per game.

A coach leading a team of such caliber requires his athletes to complete a training program in the offseason.

"We ask each player to show noticeable improvement in strength, agility and basketball skills to help the team through their improvement," Holmes said.

McGrew, the team's center, said he hopes the Gulls will win the conference and expressed confidence in his team.

"Our team is very excited to get the season underway," he said in an e-mail. "We are a very talented team with a lot of size and depth at every position."

Sea Gulls advance over Mary Washington

By Greg Weston
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The Salisbury University field hockey team managed to keep their championship repeat hopes alive after beating the University of Mary Washington Nov. 10 with a score of 4-1. The game was tied 1-1 at halftime.

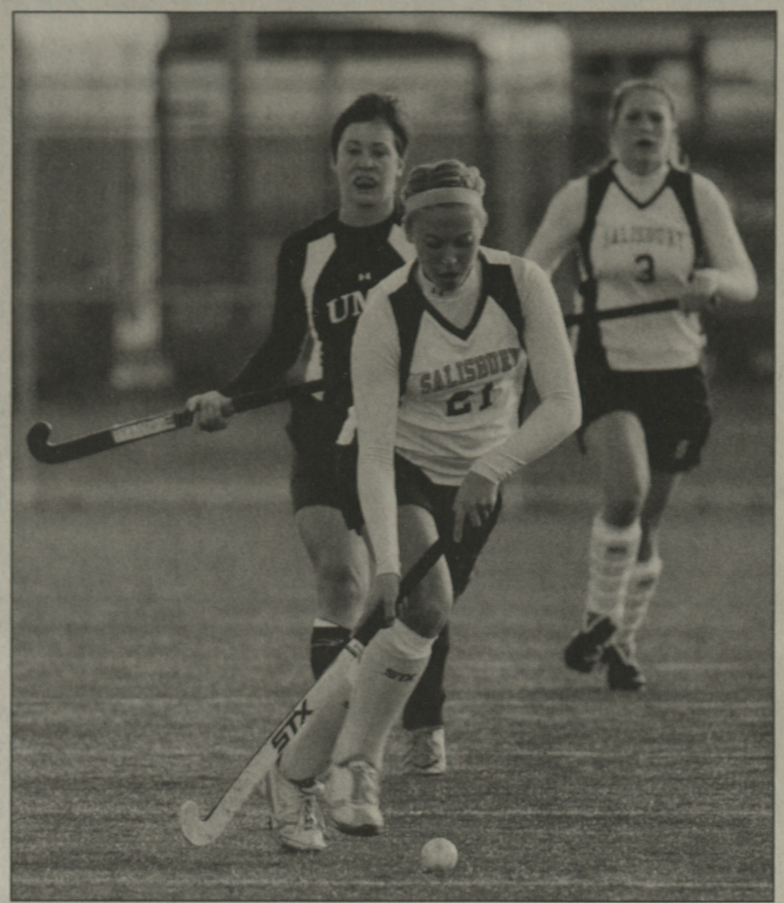
"We were kind of rusty (in the first half)," said Senior Center-Midfielder Kandice Hancock. "Then we started communicating better and played to our full potential."

Hancock was an attacking force, leading the team with five shots, four on target, and one goal.

The game against Mary Washington was a first round match for the Sea Gulls. Mary Washington, who has not beaten Salisbury in field hockey since 2001, was outshot by the girls 19-2 and only had five penalty corners in comparison to Salisbury's 16.

The Sea Gulls struck first in the 11th minute via senior midfielder Courtney Webster's shot into the middle of the goal. It was collected off a rebound before Webster slotted it home. Mary Washington would strike back before the half's end, however, tying the game at 1-1.

Three additional goals in the second half were enough to silence the Eagles as the Gulls displayed a very impressive in-form performance.



Justin Odendhal photo

Sophomore forward Kristina Fusco brings the ball down the field as teammate and sophomore back Amber Holland backs her up.

Senior back Ashley Kisner had two goals in the 45th and 61st minutes, a shot into the left corner of the goal off of a penalty corner and an unassisted shot into the bottom right corner of the goal. Hancock put the nail in the coffin, scoring only a minute after Kisner.

"At halftime we realized that they were still in the game and we had to do something to put it away," Kisner said. "We definitely raised our intensity and if we can keep it at that level, we should be fine."

The two goals that came from Kisner were due to her newly-found position change.

"We just started bringing Ashley up for corners Wednesday," said Head Coach Dawn Cham-

berlin. "She did what she needed to do and came through at a very big time."

Chamberlin also said that the second goal was the turning point in the game, which boosted the girls' confidence and relieved the pressure.

The girls traveled to Grantham, Pa., Nov. 13 to play Rhodes College for the second round of the NCAA Division III Field Hockey tournament. The Gulls shut out Rhodes 7-0 to advance to the quarterfinal round of the tournament.

In the quarterfinal round, Salisbury faced top-ranked Messiah College. The Sea Gulls fell to the Falcons 4-1.

team in scoring last year with 10.8 points per game, while also contributing 51 steals. "We all have the same goal of going out, playing hard and winning. We want to compete for a championship and not settle for less," Charlton said.

Curran, who started every game for the Sea Gulls last season, averaged eight points a contest and led the team in three-point shooting, connecting on 35 shots from behind the arc. McKinney will once again run the offense from the point guard position for Salisbury; last year she led the team in steals and assists, while finishing second in minutes played. Also competing for minutes in the frontcourt will be juniors Meghan Dunn and Milan Dry and sophomores Tabitha Russell and Katie McGahan.

In the frontcourt, Salisbury will look for positive play from sophomore forward Nicole Sisco, as well as newcomers Emily Bowles, Katie Green and Rachel Morris.

The Gulls will look to fill the void left by last year's seniors Kylie Hall and Janay Johnson, both of whom were big contributors inside the paint. Sisco, who started 13 games last season, will look to build off a freshman year that saw her average seven points and five rebounds a game.

"We've been working really hard in the off season and hope this year can reflect that. Everyone is working together and we are all pushing ourselves to reach our goal of winning a championship this year," Sisco said.

NFL full of surprises midway through season

By Evan Clifton
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Before the regular season began, not even the most knowledgeable experts could have predicted the teams currently in playoff contention. This is because the NFL is experiencing an unprecedented level of league-wide parity. Of the 32 teams in the NFL, 23 of them either have a winning record or are within one game of a .500 record.

Over the past 15 years, rule changes to how the game is played and how teams acquire players have been made in hopes of giving each team a chance to make the play-

offs each year. The best example of this turnaround is the 2008 Miami Dolphins, who finished the season 11-5 and won their division after going 1-15 the previous season.

This year there are two teams that are in position to rebound from last year's woes: the St. Louis Rams and the Tampa Bay Buccaneers. These two teams combined for four wins only a season ago. Now, at the midpoint of this season, the Rams are 4-4 and leading their division, while the Buccaneers are in contention for a playoff berth with a 5-3 record.

"The (Kansas City) Chiefs have been a surprise as well," said senior Justin Marzola. The Chiefs are another team that was a

bottom dweller last season, yet they currently lead their division.

However, just as a cellar dwelling team can rise to the top of its division one year, an NFL juggernaut and Super Bowl favorite can fall just as abruptly.

In fact, four division winners from last year can already be eliminated from repeating as division champions. The Cincinnati Bengals, Minnesota Vikings, Arizona Cardinals and Dallas Cowboys all won their division last year and all are currently in last place or only one game above last place in their division standings.

This year, many experts believed the Cowboys would be the first team to play for a Super Bowl title in their own stadium.

That dream has been effectively shattered as the Cowboys are currently a dismal 1-7 halfway through their schedule.

Other playoff favorites have fallen flat as well and fans of all teams have taken notice.

"The (San Francisco) 49ers have been disappointing. They had high expectations and play in a (weak) division too," said Mark Heidelberg, a Wor-Wic student.

The 49ers, once thought to run away this season, occupy last place in their division. The only thing that seems to remain certain in the NFL is uncertainty. If how the season started is any indication of how it will end, the playoff picture may look much different than it does now.

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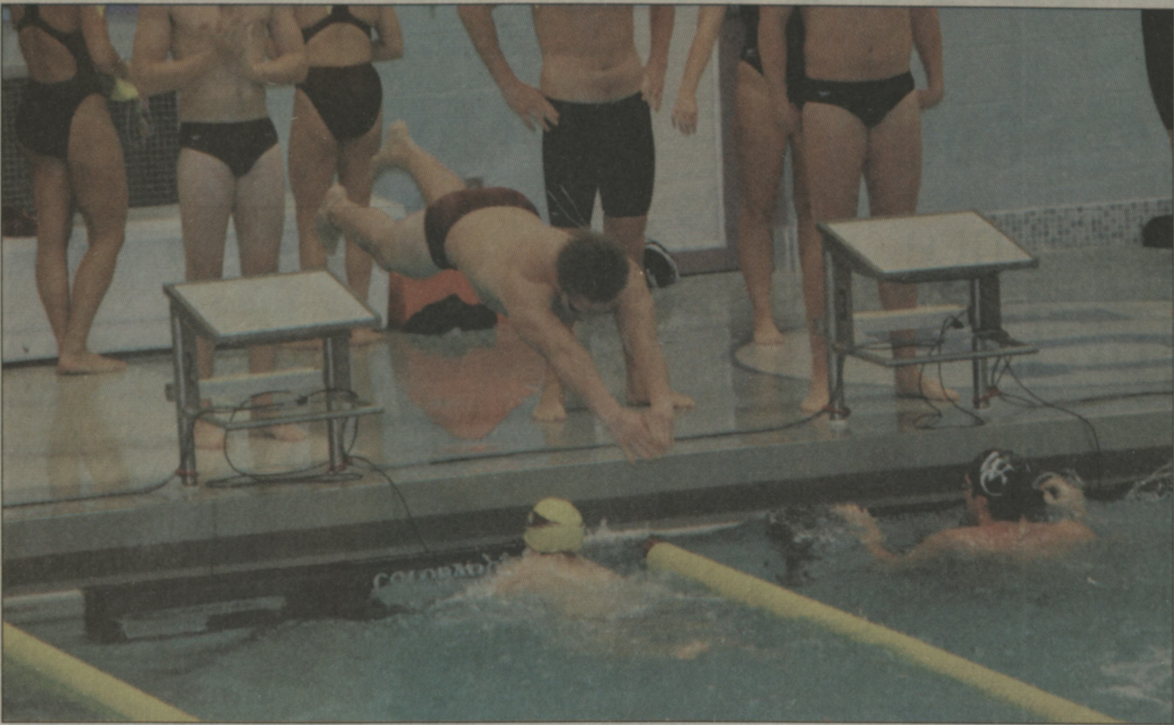
Ornaments will be displayed in the Bookstore windows and will be judged by students, faculty, staff & visitors from December 6-10.

Winners will be announced on Monday, December 13.

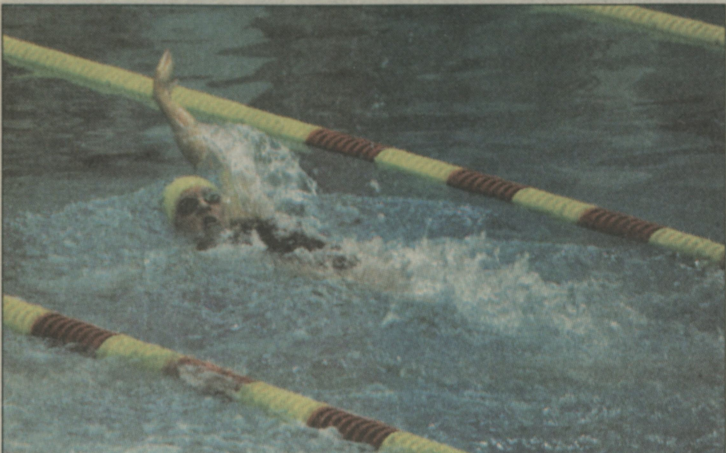
Contest open to SU students only.

Salisbury UNIVERSITY

Swim team faces Washington College



Dan Anderson photo



Dan Anderson photo

In the Gulls' match against Washington College on Nov. 10, the men prevailed 135-70, while the women lost by a score of 127-78. The Sea Gulls will next have several away meets before returning for a match at home on Jan. 22, 2011.



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Cross Country

The Salisbury University men's and women's cross country teams traveled to Slippery Rock, Pa., Nov. 13 to compete in the NCAA Mid-east Regional Championships. The men finished in eighth place while the women finished 21st.

Freshman Ryan Jackson finished in 26th place with a final time of 26:05.3. Jackson landed a spot on the All-Regional Freshman team and was also named to the All-Region team. Jackson, the 2010 CAC Men's Rookie of the Year, will also travel to Wartburg College in Iowa for the 2010 Division III Cross Country Championships, a national competition.

Senior Chris Barnard was the second finisher for SU, coming in with a final time of 26:28.2. Sophomore Steve Berstler placed 66th and completed with a final time of 26:52.3.

Sophomore Anna Steinman was the top finisher on the women's team. Steinman placed 107th and finished with a time of 25:03.9. Senior Kristin Stromberg came in 112th with a time of 25:09.0 and junior Becca Stinner came in 117th with a final time of 25:17.3.

Football

The Salisbury University football team traveled to Frostburg State University Nov. 13 to vie for the Regents Cup. This was the first time the game was played on Frostburg's campus, and SU came home with a 37-6 win.

The Gulls displayed strong defense, keeping FSU to 158 yards of total offense. Freshman Andre Carter intercepted a pass and returned it 90 yards for a touchdown in the second quarter. Junior defensive back Paul Moore and senior lineman Dion Bowen each had an interception during the game.

Sophomore super back Joe Benedetti and sophomore slot Brandon Norwood each scored touchdowns in the first half. SU got a 27-yard field goal from freshman Andy Estrain, his first career field goal.

Senior linebacker Justin Chura had a team-high nine tackles and sophomore Chris Everett recorded eight. Senior slot Bryan Wool carried the ball 14 times for a total of 150 yards while senior super back Nick Coates finished with 83 yards.

Field Hockey

The Salisbury University field hockey team shut out Rhodes College 7-0 Nov. 13 in the second round of the NCAA Division III Field Hockey tournament.

Junior forward Caitlin Walker scored the first goal for the Sea Gulls just 3:24 into the game. Senior Kandice Hancock, junior forward Alison Bloodsworth and sophomore forward Erica Henderson each scored two goals apiece for the Sea Gulls.

Senior back Ashley Kisner and junior back Shannon Hanratty led the defense for Salisbury. Junior goalkeeper Anna Cooke finished with two saves. On Nov. 14 the Sea Gulls faced top-ranked Messiah College in the quarterfinal round of the tournament. The Gulls suffered a 4-1 defeat from the Falcons.

Senior forward Katy Lamboni gave SU their only goal of the day. This game marked the last game for seniors Liz Tollett, Ashley Kisner, Kandice Hancock, Katie Fost, Christine Craddock, Camile Walker, and Lamboni.

Falcons fly past Ravens in Thursday night game

By Lucas Perito
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The Baltimore Ravens (6-3) opened the NFL Networks Thursday night game on Nov. 11 in a controversial, heart breaking defeat.

The Ravens migrated south, and found the shelter of the Georgia Dome was not as kind as most indoor facilities this time of year. The Ravens went down 13-0 in the first half to the Atlanta Falcons, but they would come back firing in the second half behind the arm of Baltimore Ravens quarterback Joe Flacco.

The majority of the action happened in the fourth quarter with the Falcons extending their lead to 13 and then squandering it late. Flacco would throw for three touchdowns. His third was the most important, as it gave the Ravens the lead with 1:05 remaining in the game.

With a one-point lead, and a defense led by Ray Lewis, conventional wisdom would lead one to think that the Ravens would be going home with a record of 7-3, and at worst, a tie

Monday morning with the Pittsburgh Steelers.

Enter Matt Ryan and his near-perfect home record. Ryan led the Falcons on an 80-yard drive that would end with a 33-yard pass to Roddy White. On the play, White did his best Heisman impersonation, shoving Josh Wilson to the ground in the process. Ravens fans could be heard in Atlanta screaming for a flag. More controversy happened just a few plays earlier when Michael Jenkins reeled in a crucial third down catch that appeared to be moving as he went out of bounds.

The final score was 26-21 in favor of the Falcons.

The Ravens get 10 days off to dwell on the loss. The focus coming into this game was the two quarterbacks drafted in the first round of the 2008 draft. They were slated against each other for the first time in their professional careers.

"I always wanted Ryan until ATL traded up and took him," said senior Ryan Finch when he was asked if he was still "whacko for Flacco" or if he would rather have Matt Ryan.

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SALISBURY SPORTS CALENDAR

Tuesday - 11/16	Wednesday - 11/17	Thursday - 11/18	Friday - 11/19	Saturday - 11/20	Sunday - 11/21	Monday 11/22
			Swimming at Kutztown Invitational: TBA Men's Basketball vs. Montclair St. at Juniata: 5:30 p.m.	Cross Country at NCAA Division III National Championships: 11 a.m. Swimming at Kutztown Invitational: TBA Football at Delaware Valley (NCAA Tournament First Round): TBA Women's Basketball vs. Averett in Baltimore (Johns Hopkins Tournament): 3 p.m. Men's Basketball @ TBA (Juniata College Tourney) 5:30 p.m.	Women's Basketball at Johns Hopkins (Johns Hopkins Tournament): 3 p.m.	